

STROKE REHABILITATION SURVEY



INDIANA STROKE PREVENTION TASK FORCE

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BACKGROUND

- ☐ **Stroke is the third leading cause of death in all the Great Lakes Regional Stroke Network states**
 - ☐ **Approximately, two-thirds of stroke survivors require rehabilitation**
 - ☐ **Evidence that patients do better with a well-organized, multidisciplinary approach to post-acute rehabilitation after a stroke**
 - ☐ **Need to inventory available rehabilitation resources in the Great Lakes region**
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BACKGROUND

- ☐ Survey developed and validated by Great Lakes Regional Stroke Network – Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin
 - ☐ Pilot tested on a group of “Manager of Rehabilitation Specialists” identified through the Commission for the Accreditation of Rehabilitation Facilities (CARF)
 - ☐ Adapted by the Indiana Governor’s Task Force on Stroke Prevention
 - ☐ Targeted to inpatient and free standing rehabilitation centers in Indiana
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BACKGROUND

- The Indiana Governor's Task Force on Stroke Prevention adapted the survey**
 - ♦ Added # of persons with stroke served per year**
 - ♦ Added ratio of staff to patients in therapy programs**
 - ♦ Added Home Care and Peer Mentoring Program under discharge/follow-up programs**
 - ♦ Added a question on carepaths, pathways and standards of care**
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SURVEY METHODS

- ❑ Obtained contact information from the Indiana Hospital Association Rehab Task Force e-mail list**
 - ❑ Survey Monkey used to build the survey**
 - ❑ Distributed to 81 e-mail addresses targeting free standing rehabilitation centers and units within hospitals**
 - ❑ Represented 55 facilities**
 - ❑ Responses from 26 facilities**
 - ❑ 47% response rate**
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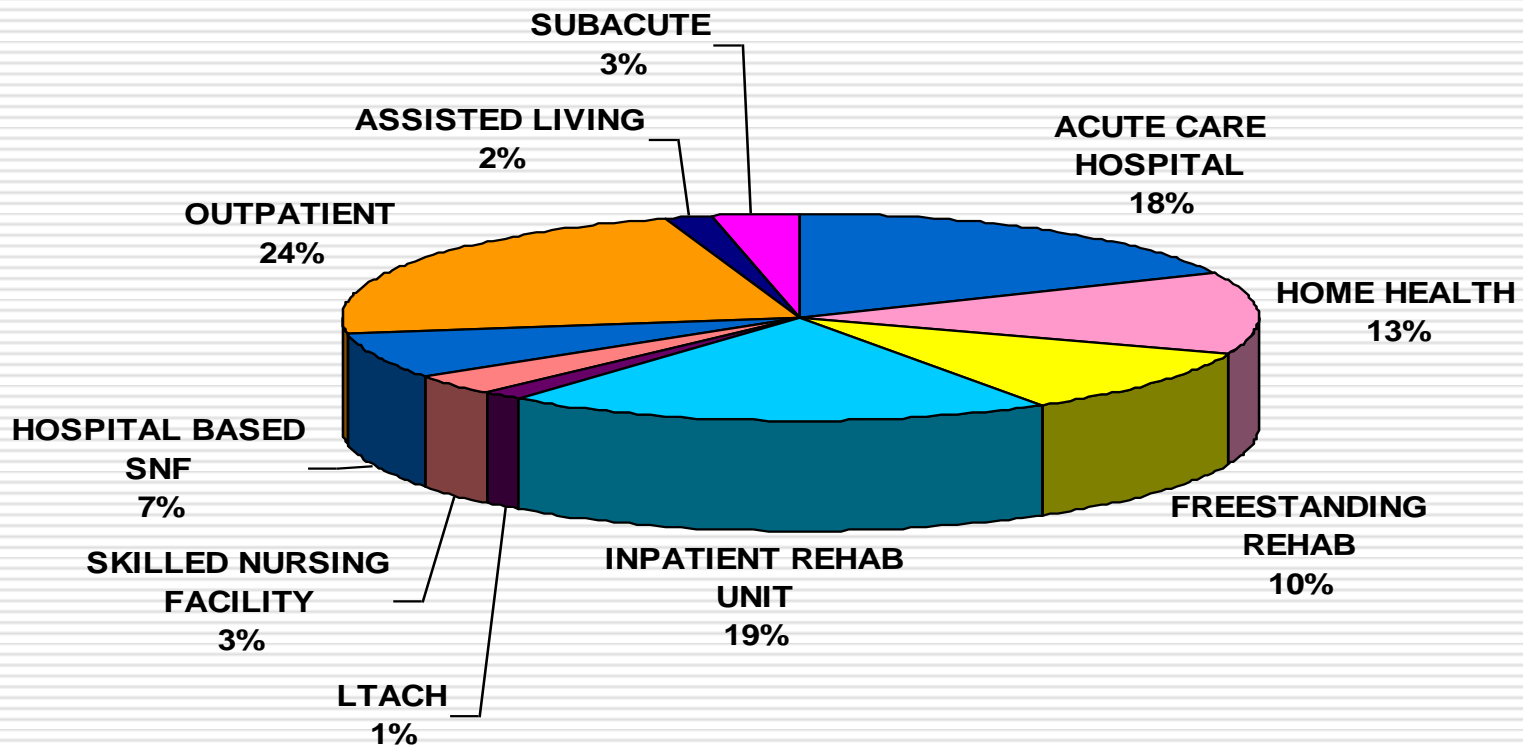
10 TOPICS ADDRESSED

- ☐ **Survey respondent's facility description**
 - ☐ **Therapy Programs Offered**
 - ☐ **Services or Programs Offered**
 - ☐ **Discharge/Follow-up Programs**
 - ☐ **CARF Stroke Specialty accreditation**
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10 TOPICS ADDRESSED

- ☐ Outcome measures collected
 - ☐ Format preferences for staff continuing education
 - ☐ Biggest challenges to provide rehabilitation services to stroke survivors
 - ☐ Stroke rehabilitation research or clinical trial involvement
 - ☐ Stroke related topics of interest for continuing education
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INDIANA FACILITY DESCRIPTION



FACILITY DESCRIPTIONS

☐ GREAT LAKES RESULTS

Skilled Nursing Facility	18%
Outpatient	16.9%
Home Health	14.4%
Acute Care Hospital	13.5%
Inpatient Unit	7.2%
Community Based	6.9%

FACILITY DESCRIPTIONS

☐ GREAT LAKES RESULTS

Hospital Based SNF	6.3%
Assisted Living	5.5%
Sub-Acute	5.2%
Freestanding Rehab	3.7%
Long Term Acute Care	2.3%

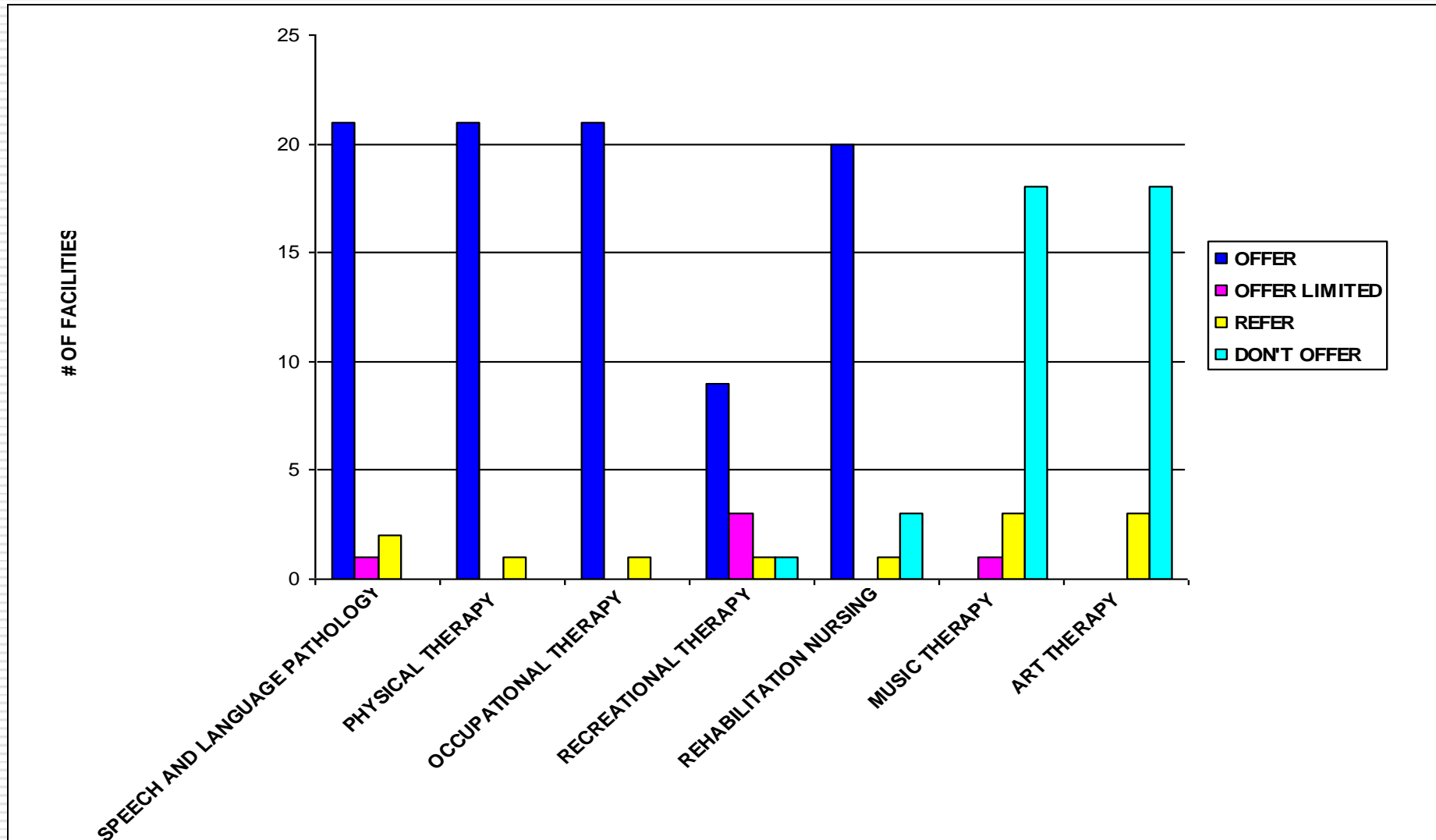
OF PERSONS WITH STROKE PER YEAR

- ☐ **Acute Care Hospital**
30-600
 - ☐ **Home Health**
20-357
 - ☐ **Freestanding Rehab**
25 TO 326
 - ☐ **Skilled Nursing Facility**
36
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OF PERSONS WITH STROKE PER YEAR

- ☐ Hospital Based SNF
15-150
 - ☐ Inpatient Rehab Unit
20-200
 - ☐ Outpatient
15 TO 200
 - ☐ Subacute
36
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THERAPY PROGRAMS OFFERED



RATIO OF STAFF TO PATIENTS

☐ NURSING

3:1 UP TO 8:1

6.9 TO 9.02 Nursing Hours

☐ THERAPY

4:1 TO 8:1

8-15 Patients per Day

75% Productivity

THERAPY SERVICES

☐ GREAT LAKES RESULTS

☐ MOST FREQUENTLY OFFERED

Physical Therapy

Occupational Therapy

Speech and Language Pathology

PROGRAMS OFFERED

	OFFER	OFFER LIMITED	REFER	DON'T OFFER
PHYSIATRY	17		3	4
PSYCHOLOGY	15	2	6	1
NEUROPSYCH	10		9	4
SOCIAL SERV	22		2	
INTERPRETER	16	3	5	
PT/FAMILY ED	23		1	
CAREGIVER SUPPORT GROUP	13		5	5
ORTHOTIST-PROSTHETIST	8	1	14	
CHAPLAINCY	20		3	1

PROGRAMS OFFERED

	OFFER	OFFER LIMITED	REFER	DON'T OFFER
SURVIVOR SUPPORT GROUP	10		5	8
VOCATIONAL COUNSELING	1	1	20	2
DIETITIAN	22		2	
PSYCHIATRY	8	3	9	4
BOWEL/ BLADDER	22		1	1
CHILD STROKE	2	1	5	15
MEDICAL EQUIPMENT	5		18	1

PROGRAMS OFFERED

	OFFER	OFFER LIMITED	REFER	DON'T OFFER
HOME REMODEL CONTRACTOR	1		17	6
COMMUNITY TRANSPORT	2	1	18	3
COMMUNITY MEALS	2		18	4
IN CLINIC DRIVING	5	2	14	3
ROAD TESTING	2	1	17	4
HOME ASSESSMENT	19	1	2	2
TRIAL VISITS HOME	16	1	1	6

PROGRAMS

☐ GREAT LAKES RESULTS

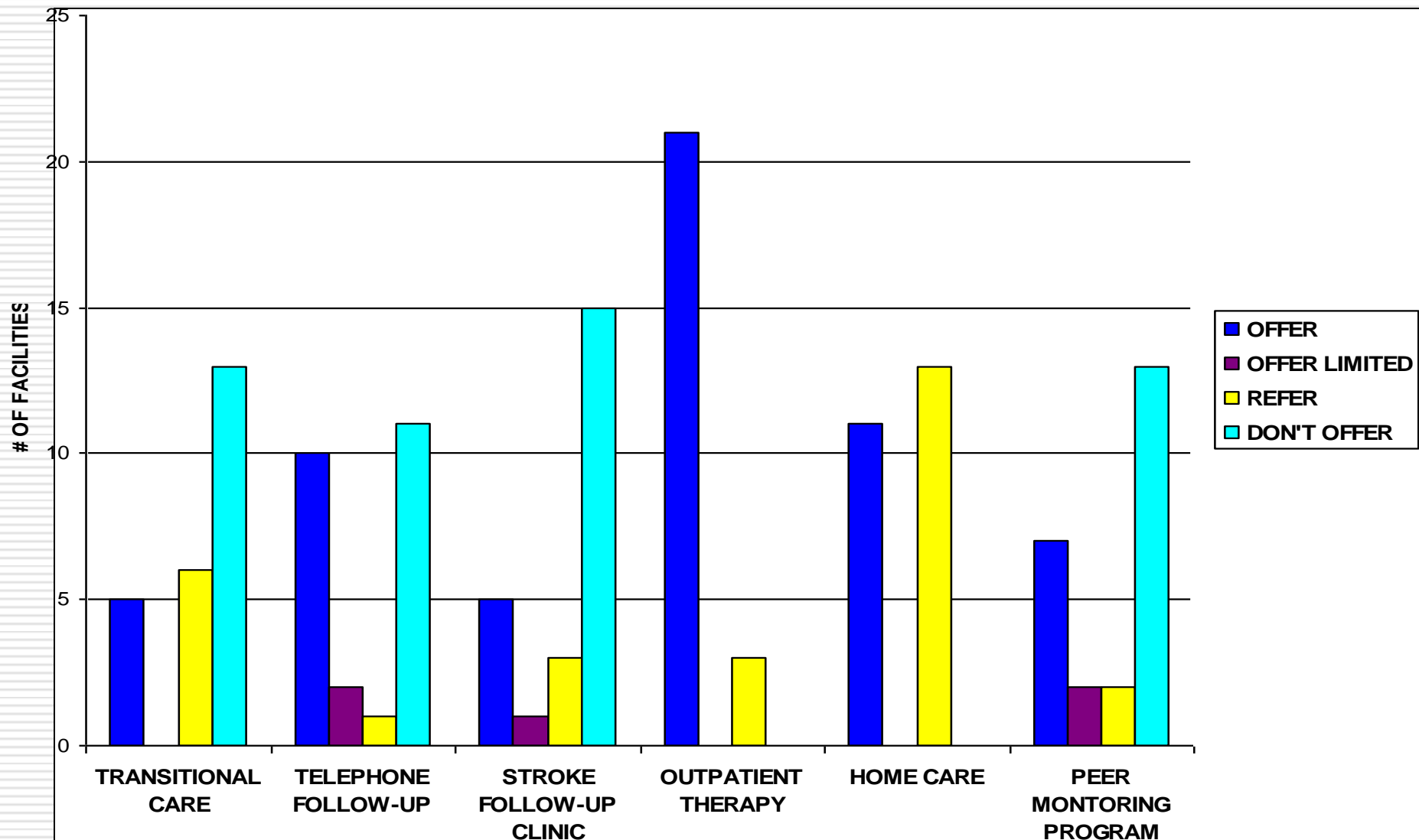
☐ MOST FREQUENTLY OFFERED

Patient/Family Education

Social Services

Dietitian

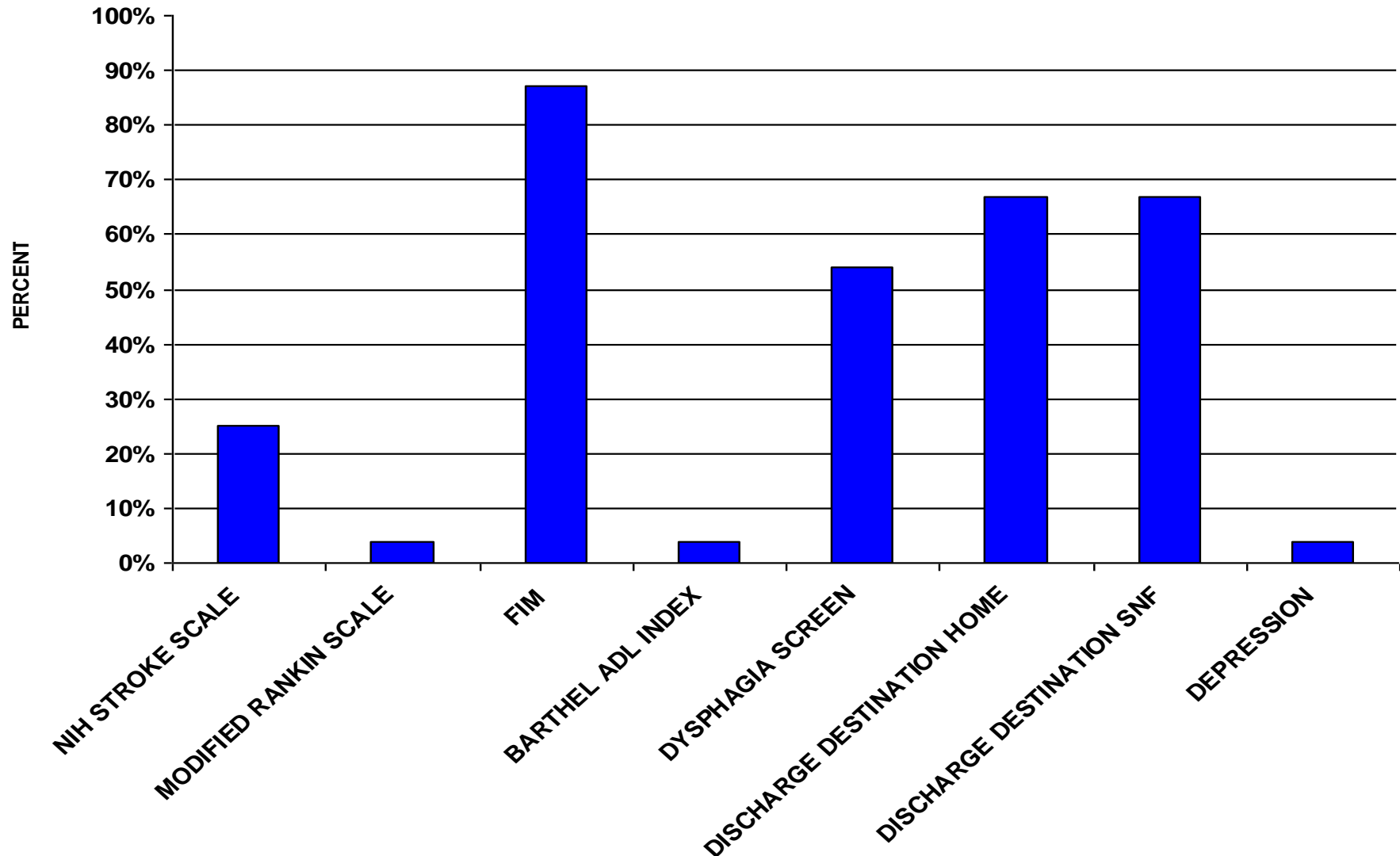
DISCHARGE/FOLLOW-UP PROGRAMS



CARF/RESEARCH

- ❑ 6 Facilities indicated CARF Stroke Specialty accredited
 - ◆ 6 were considering CARF Stroke Specialty accreditation
- ❑ 4 Facilities involved with stroke rehabilitation research or clinical trials
- ❑ 12 Facilities using carepaths, pathways, standards of care for stroke

OUTCOME MEASURES



OUTCOMES MEASURES

❑ GREAT LAKES RESULTS

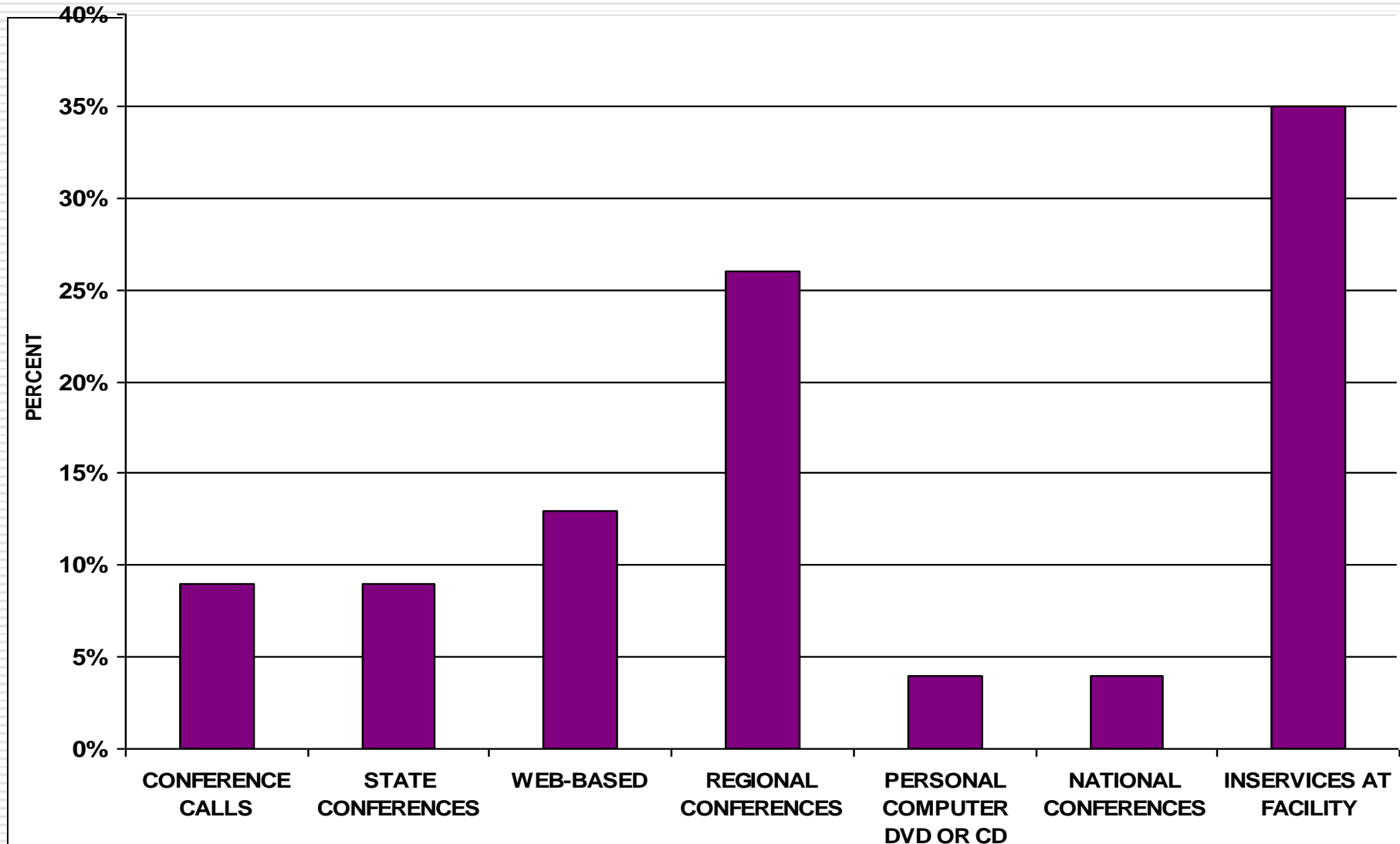
❑ MOST FREQUENT

Discharge of Patients Home

FIM (Functional Independence Measure)

Dysphagia Screens

PREFERRED CONTINUING EDUCATION FORMAT



CONTINUING EDUCATION PREFERRED FORMAT

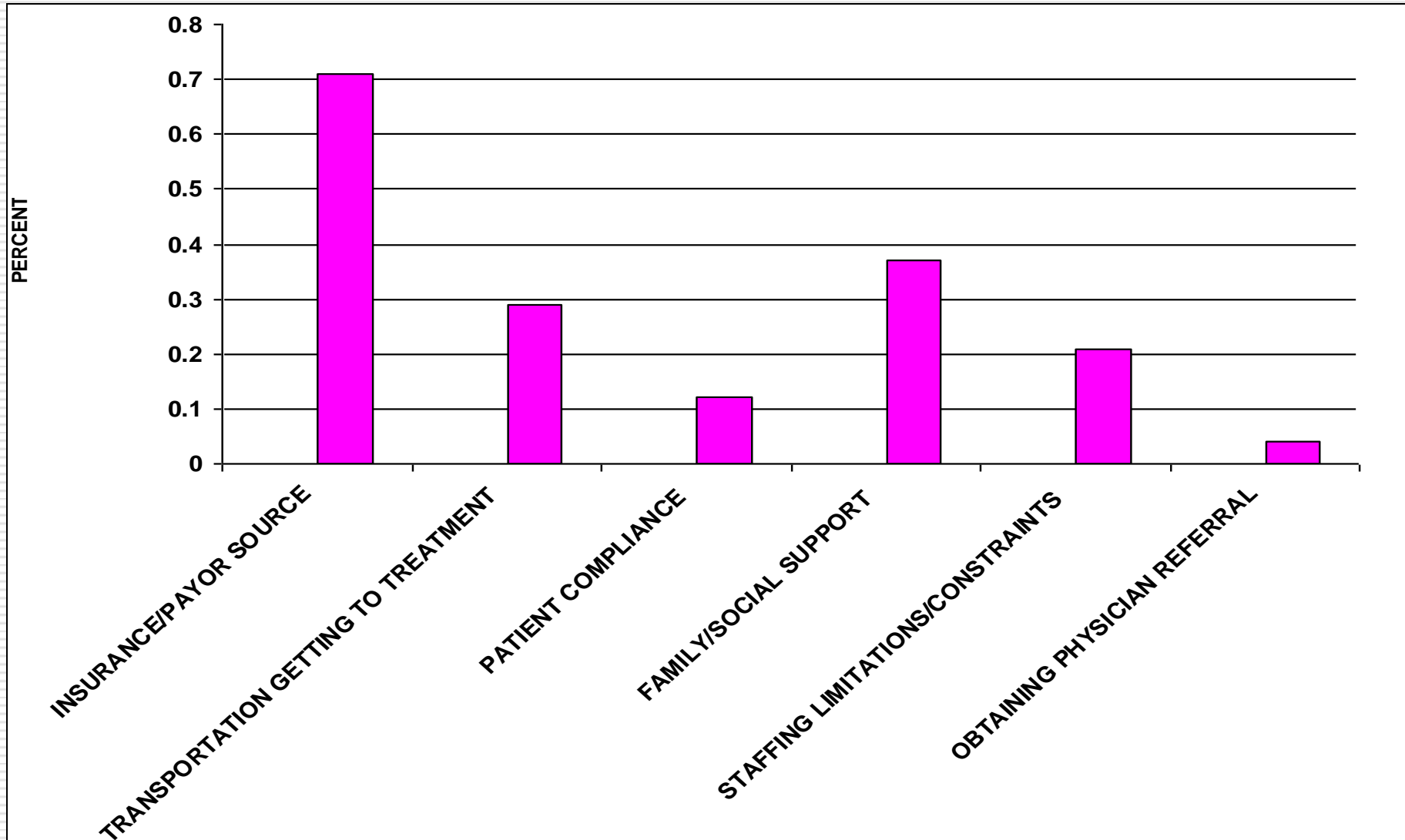
☐ GREAT LAKES RESULTS

#1 Workplace (25%)

#2 State Conferences (16%)

#3 Regional Conferences (14%)

BIGGEST CHALLENGES



BIGGEST CHALLENGES

□ GREAT LAKES RESULTS

#1 Insurance/Payor Source

#2 Patient Compliance

#3 Family/Social Support

STROKE RELATED TOPICS

- ☐ **Treatment Plans for L Brain R Brain Effects**
 - ☐ **Etiology of Stroke**
 - ☐ **Medication Management Post-Stroke**
 - ☐ **Post Rehab Care Resources**
 - ☐ **Available Grants and Outreach Services**
 - ☐ **Functional Outcomes**
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STROKE RELATED TOPICS

- ☐ **Pathophysiology and PNF**
 - ☐ **Remote Monitoring and Evaluation**
 - ☐ **Cortical Stimulation**
 - ☐ **Visual Retraining**
 - ☐ **Constraint Induced Therapy**
 - ☐ **Use of MNES**
 - ☐ **Dealing with Behaviors Treating Cognitive Deficits**
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STROKE RELATED TOPICS

- ☐ Role of Nursing in Skilled Inpatient Acute Rehab**
 - ☐ New Treatments and Medications**
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TASK FORCE RECOMMENDATIONS

- ☐ Work with Insurance on Guidelines**
 - ☐ Start Peer Mentoring Programs**
 - ☐ Provide Continuing Education specific to Stroke Population**
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DISCUSSION

☐ Next Steps for Task Force
